

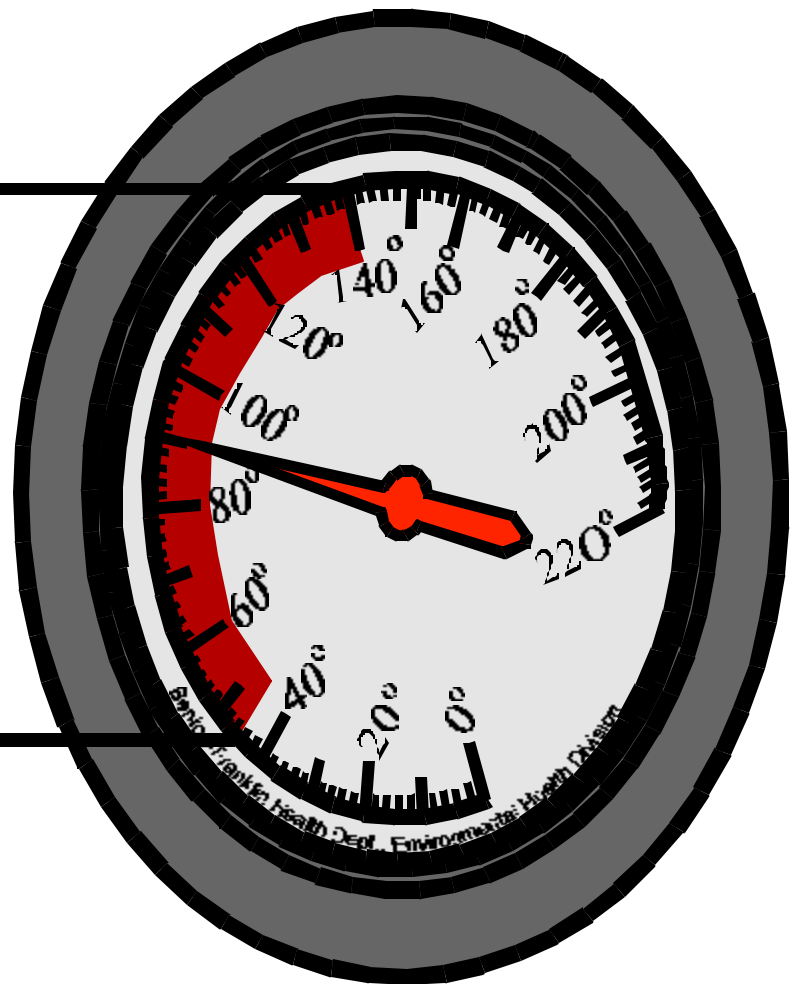
# THE "DANGER ZONE"

**Bacteria and other germs grow best at warm temperatures. The temperature range where germs can grow fast in food is known as the "Danger Zone".**

**The Danger Zone includes temperatures between 45°F and 140°F.**

140°F

45°F



*The only way to ensure your food is at a safe temperature is to use a metal-stem thermometer. Clean and sanitize the thermometer stem between uses.*

**Foods must be kept *COLD* at 45°F or below  
or *HOT* at 140°F or above.**